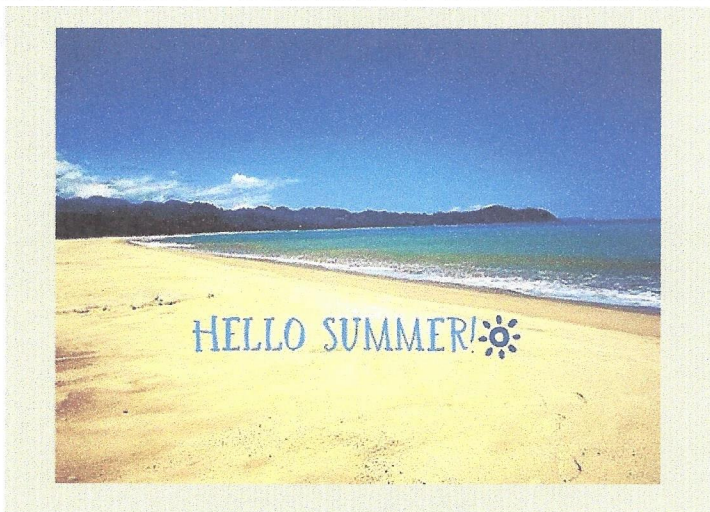


# Hurricane Senior Center

## August 2020 Newsletter



Our Center has re-opened for activities. There will be some changes here that we hope are temporary. We will still not be having lunch in the dining room, however, meals can still be purchased for a \$3.00 donation from 11:30-12:30 at the North-west side of the building. No need to exit your vehicle, we will bring the meals out to you. Lunch includes a frozen entrée and a cold side (salad, fruit, etc.) We accept checks or cash (exact change would be helpful). The Dial-A-Ride and Meals on Wheels program will continue to function as usual. We have had to cancel some of our activities and classes. Please call to see if your favorite activity has been impacted. At all times, please keep a six-foot distance between you and other people. We are taking temperatures with a scanner when people enter the building to ensure that everyone is healthy, and stays healthy!

Hurricane Senior Center  
95 N 300 W  
Hurricane, UT 84737  
435-635-2089



### Hours of Operation

Monday – Thursday  
9:00AM – 4:00PM

Lunch served daily –  
11:30AM - 12:30PM \$3

### Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 9:30 AM – 2:30 PM Monday – Thursday.

Our Dial-A-Ride service to St. George is available Wednesday afternoon for your shopping or medical needs.

Age 60+ suggested donation:  
\$5 round trip/\$3 one way

Call 435-635-2089 to schedule.





\*\*\*FOCUS ON DIAL-A-RIDE\*\*\*

Our Dial-A-Ride program provides

Transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$3.00 one way or \$5.00 round trip, age 60+. Under 60 is \$5.00. The bus runs from 9:30 am to 2:30 pm Monday, Tuesday & Thursday. Wednesday in the Hurricane area 9:30 am to 12:30 pm and St. George from 12:30 pm to 4:00 pm.

To schedule a ride during these hours, please call the Senior Center at 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested pickup time. Please schedule rides at least one day in advance.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

## Monthly Events

**Dixie-Can-Do's Entertain** -1<sup>st</sup> & 3<sup>rd</sup> Monday

**Encompass Home & Healthcare – Blood Pressure checks** – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday @ 11:00am-12:00pm

**Hurricane Family Pharmacy** – Presentation 3<sup>rd</sup> Wednesday @ 12:00pm

**Zions Way** – Hand and Neck Massages – 2<sup>nd</sup> Thursday @ 11:00am – 12:00pm

**Tai Chi Class** – every Tues & Thurs @ 10:00am

**Writing Group** – 2<sup>nd</sup> & 4<sup>th</sup> Mon @ 12:30pm

**Yoga Class** – every Mon @ 10:00am

**Hand & Foot Card Game**– every Tues @ 1:00pm

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Craft Class** – every Wed @ 1:00pm

**Bereavement Support Group**– Last Wed @ 2:30

**Bingo 60+ Only** – every Thursday @ 12:30pm

\*Bingo is free to play\* **For 60+ only**

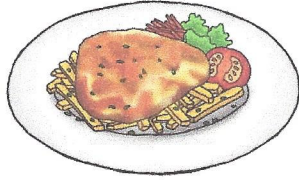
**Bridge Group** – every Monday @ 12:30

**Paint Group** – Tuesdays @ 1:00pm (Not during summer months)

**Billiards** – Open daily 9am – 3:30pm

**Happy Birthday/Anniversary Celebration** – last Thursday of every month!

**COME JOIN US!**



Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

Thank you for your donation to our meal program.

Washington County Council on Aging is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and relevant guidance. The Agency assures that no person in the United States shall, on the grounds of race, color or nation origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

To request additional information on Washington County Council on Aging's Title VI policy, or to file a discrimination complaint, please contact Washington County Council on Aging at 435-634-5743.

The Complaint Procedure is located at 245 N. 200 W., St. George, Utah, 84770 or [www.stg.coa.washco.utah.gov](http://www.stg.coa.washco.utah.gov)





### FOCUS ON \*\*\*DIAL A RIDE\*\*\*

Our Dial-A-Ride program provides transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$3.00 one way or \$5.00 round trip. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. The bus also goes to St. George on Wednesday's from 12:30 pm to 4:00 pm. To schedule a ride during these hours, please call Senior Center at 635-2089. So we can serve you better, please have the following information ready when calling to schedule transportation.
  1. Your name, address and phone number.
  2. Date you wish to schedule a ride.
  3. Complete name and address of your destination.
  4. Time you wish to be picked up at your home as well as your appointment time.
  5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!



# HURRICANE ACTIVE LIFE CENTER

## August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Salisbury Steak Mashed Potato w/Gravy Green Peas Mixed Green Salad Dinner Roll Seasonal Fruit Banana Pudding Milk Margarine Ranch Salad Dressing	Teriyaki Chicken Jasmine Rice Japanese Vegetable Blend Napa Cabbage Dinner Roll Citrus Fruit Cup Milk Margarine	Pizza Lasagna Italian Vegetable Blend Spinach Salad Garlic Texas Bread Fresh Red Grapes Milk Ranch Salad Dressing	Country Fried Steak Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Breaded Chicken w/Cordon Bleu Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk	Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup	Turkey Tetrzzini Capri Vegetable Blend Stewed Tomatoes Dinner Roll Cantaloupe Milk Margarine	Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine	Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine	BBQ Pulled Pork Macaroni and Cheese Buttered Spinach Coleslaw Cornbread Peach Crisp Milk Margarine Diet - Hot Peaches	Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk	Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Fish Tacos Potato Crusted Pollock Spanish Rice Black Beans Coleslaw Corn Tortillas Applesauce Milk Taco Sauce	Swiss Steak Au Gratin Potatoes California Vegetable Blend Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing
<b>24</b>	<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</p>		<p>Milk and bread served with all meals. A Salad Bar is available every day in the dining room. Follow Us on Facebook @triocommunitymeals.com</p>
Spaghetti w/Meat Sauce Broccoli & Cauliflower Mixed Green Salad Garlic Texas Toast Hot Spiced Apples Milk Ranch Salad Dressing			



**S A L E**  
**O V E R**

**Thrift Store Sale!**  
**August 3<sup>rd</sup>-6<sup>th</sup>**  
**Storewide 50% off!**







Be on the lookout for scams related to Medicare! Don't give out your Medicare number, protect your personal information and don't fall for scare tactics or time sensitive offers. Verify anything that sounds too good to be true. Contact the Senior Medicare Patrol to report fraud, errors or abuse by calling (435)673-3548.





For [Medicare](#) beneficiaries to be eligible for home health care services, they must be under the care of a physician and the physician must certify that the beneficiary needs one or more of the following:

- ✓  physical therapy
- ✓  occupational therapy
- ✓  speech language therapy
- ✓  or intermittent skilled nursing care.

Beneficiaries must also be “homebound,” which means that due to their condition, leaving them home is not recommended and requires special transportation, or can only be done with a taxing effort.

Billing Medicare for home health services not provided is highly illegal and should be reported immediately if you are approached for this scheme. Contact your local Senior Medicare Patrol at (435)673-3548 if you have questions about Home Health Fraud or other healthcare fraud.





# MIND YOUR HEALTH & STRESS LESS

## STRESS-BUSTING TIPS

Stress is a natural part of life – we all experience it and some of us struggle with it every day. While acute stress is inevitable, it is important to keep day-to-day stress managed so it does not become chronic. Chronic stress has been associated with an increased risk of disease, pain, malnutrition, physical inactivity, anxiety and depression. Consider the below (tips) to help you reduce short-term and long-term stress.

- Do your best to exercise daily. Walk, run, bike or participate in a fun activity that you enjoy.
- Many symptoms of stress are triggered by lack of sleep. Try to get at least 7 to 9 hours each night.
- Eating a balanced diet, including unprocessed foods, lean or plant-based protein, whole grains, fruits, and vegetables can help support a healthy mind and body.
- Find meaning in your job or extracurricular activities. Make sure you are seeking opportunities to use your skills and abilities.
- Practice meditation and relaxation, even for 5 minutes each day. Check out free wellness-based apps like Calm, Insight Timer or Daylio.
- Even when you feel you have no down time, try to set aside time each week to do something that makes you feel good—reading a book, going to a movie or catching up with a close friend.
- Devote spending time with others but also note that time alone to “recharge” can be beneficial as well.
- Refrain from smoking and excessive alcohol consumption as they can exacerbate symptoms.
- Day-to-day stress and occasional bad days are inevitable. The body and mind are designed to be able to deal with small amounts of stress. Know that you are not alone and that it is OK to seek help or a support system if needed.

## SIGNS & SYMPTOMS OF CHRONIC STRESS

- Trouble sleeping
- Changes in appetite
- Irritability
- Isolation from others
- Losing interest in activities
- Difficulty focusing

## DID YOU KNOW?

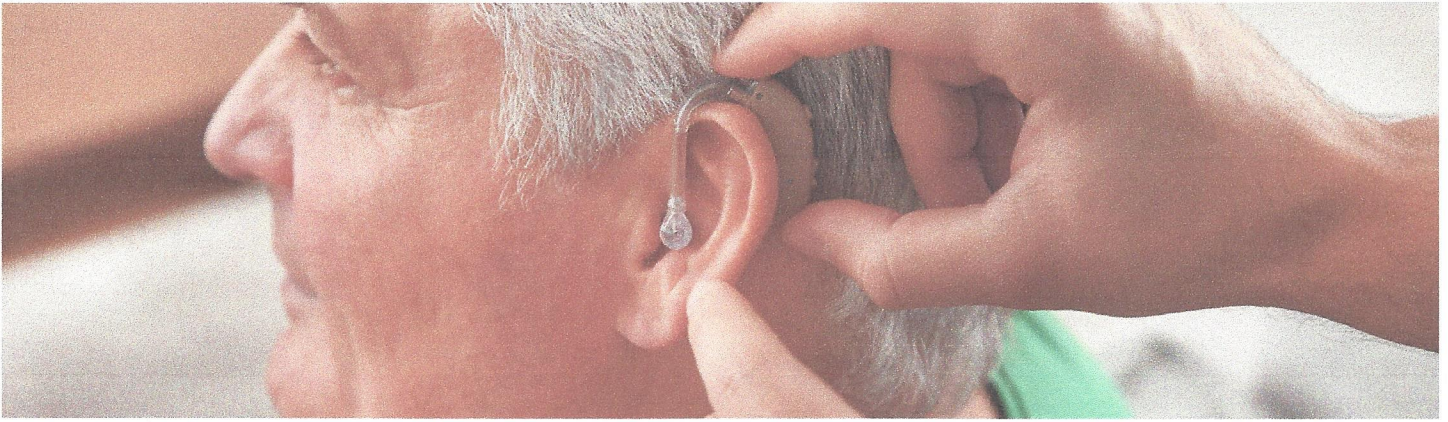
### The Food You Eat Impacts Stress.

Have you ever felt the sensation of butterflies in your stomach? This link between what our brain thinks, and how our body feels is a clue into the complex interactions of the gut-brain axis. This connection describes the interaction between bacteria living in the gastrointestinal track and the central nervous system, including the brain. Scientists are just starting to understand this complex relationship, but we do know that certain foods influence the health of our gut bacteria. A healthy population of good gut bacteria supports our body’s ability to regulate mood, stress and anxiety.

Eating a diet rich in prebiotic foods is one of the best ways to feed healthy gut bacteria. Prebiotics are elements of foods, such as fiber, that are fermented by bacteria in the gut. Prebiotic foods include asparagus, garlic, onions, bananas, almonds, oatmeal and beans. Stress less by adding prebiotic foods to your diet.



# SELECTIVE LISTENING, OR HEARING LOSS?



Our senses are designed to clue us in when something isn't quite right. If you can't see the road signs, losing your balance, wearing blue socks or red socks, if you are eating sugar or salt or if you are drinking sparkling water or white soda, you know it.

However, when it comes to age-related hearing loss, the process is so gradual it can continue for years before you or someone else notices it.

## Signs of Hearing Loss

Misunderstanding what is being said such as mistaking "watering the plants" for "wetting your pants," or accusing others of mumbling is often embarrassing, but can be how it begins. Men are often accused of tuning out their wives, but the high-pitched sounds of women and children can be difficult to hear in situations of ongoing hearing loss.

According to [healthyhearing.com](http://healthyhearing.com), one of the chief complaints health care professionals hear from patients complaining of hearing loss is that they can hear, but they can't understand.

Hearing loss not only involves the ear, but the brain as well, where the sound is transmitted into meaningful language. Symptoms of age-related hearing loss vary from mild to profound, but most seniors deal with mild to moderate hearing loss, the type that makes it challenging to hear higher pitched sounds. Other symptoms include:

- Difficulty hearing phone calls
- Trouble following conversations
- Asking others to repeat what they said
- Very loud TV volume
- Background noise clouding conversations
- Feeling exhausted from trying to hear

## Hearing Loss Can Affect Mental Health

Studies show that at least a third of those between 65 and 74 and half of those over 75 are dealing with hearing loss. Many of them are reluctant to admit they can't hear, but not dealing with it can lead to depression or isolation in an attempt to mitigate embarrassment or frustration at not understanding conversations.



Hearing loss can also lead to increased risk of dementia, falls, and depression. According to a 2014 National Institutes of Health study, researchers found that hearing loss nearly doubled the risk of depression in adults. Those wearing a hearing aid were happier and had a greater quality of life.

## Don't Accept Difficult Hearing

Schedule a visit with an audiologist to get your hearing checked. There may be an easy remedy to boost your ability to hear, such as a hearing aid. Others may benefit from devices such as a cochlear implant.

## Hearing Aid Benefits

**Prevent falls** — According to Johns Hopkins University School of Medicine, even mild hearing loss can triple the risk of falls as the individual is less aware of what is going on around them, making them more susceptible to colliding with another or tripping over a pet. Also, by using extra brain power to hear, the brain is unable to focus as well on surroundings.

**Mood Boosting** — Those who wearing hearing aids are more likely to participate in social activities as they no longer feel left out because they cannot hear conversations. A survey by the National Council on aging found that untreated hearing loss caused 30% of non-hearing-aid-users to battle depression.

**Memory Improvement** — Research at the University of Maryland found that wearing hearing aids improves memory because the brain isn't working so hard to decipher words. Being able to hear frees up resources in the brain that can be used for cognitive function.

**Relationship Building** — Individuals with hearing loss who wear hearing devices have better relationships with family members, friends, and colleagues than those without. A Hear the World Foundation survey of more than 4,300 people about hearing aids and relationships revealed:

- 69.7% believe hearing aids have improved their relationships.
- 81% whose partner has been fitted with a hearing aid say they are glad.
- 40% say they receive more attention from their partner.

If you are struggling to understand your loved ones, it's alright to ask for help. The benefits of visiting an audiologist and admitting that you are having difficulty will far out way the discomfiting knowledge that hearing loss is part of your reality.

<https://www.lpiseniors.com/blog/selective-listening-or-hearing-loss/>





# Beat the Heat: 8 Summer Safety Tips for Seniors

Cookouts. Festivals. Gardening. Parades. Summer is a wonderful time for outdoor fun and enjoyment, but for seniors, the heat and sun that come with the season can be dangerous if certain precautions aren't taken. In fact, a recent University of Chicago Medical Center study found that 40 percent of heat-related fatalities in the U.S. were among people over 65.

Here are eight tips to help ensure you and your senior loved one stays safe during the summer months.

1. **Keep Hydrated.** Seniors are more prone to dehydration because they aren't able to conserve as much water as they could when they were younger and their sense of thirst becomes less acute as they age. Seniors should drink at least 8 glasses of water or sports drinks daily and avoid alcohol and caffeinated drinks, which are dehydrating.
2. **Stay cool.** High temperatures can be life threatening, especially for seniors. If your loved one's home isn't air conditioned, encourage them to visit a friend or relative's home during high temps. Senior centers, shopping malls, movie theatres and libraries are also good options to stay cool.
3. **Dress appropriately.** A senior's summer wardrobe should be full of light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are more lightweight and breathable than synthetic fabrics like nylon and polyester. Wearing a wide brimmed hat will help keep the sun off your face and neck.
4. **Wear sunscreen.** Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure. Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently if engaging in water activities.
5. **Preserve your vision.** Sun exposure can irritate seniors' eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.
6. **Avoid sun during peak hours.** Plan outdoor exercise or activities either first thing in the morning (before 10 a.m.) or later in the evening (after 4 p.m.) when the sun isn't as hot. Remember to hydrate even more than usual when exercising.
7. **Watch for heat stroke.** Heat stroke is a life threatening condition. Look for heat stroke symptoms, which include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.
8. **Use bug spray.** The elderly are more susceptible to West Nile virus, so be sure to protect yourself with bug spray, especially at night.



# Summer

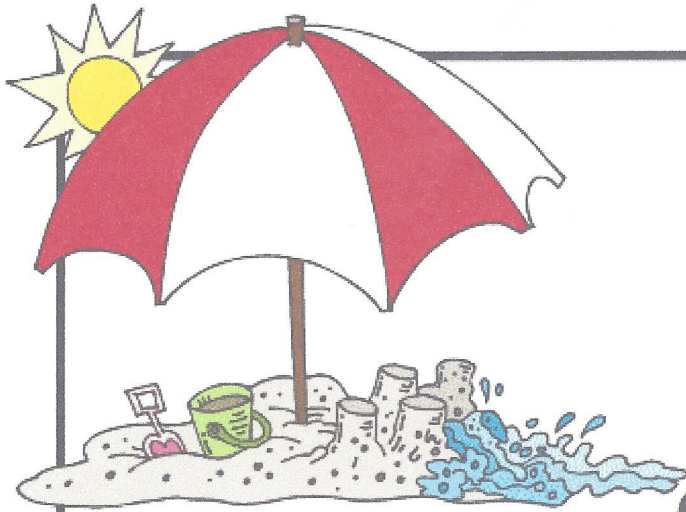
Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M  
 U S M E A U Y E O U H I K I N G S A  
 S M W E E A N L U B N W A S E Y R E  
 U T W I R R S G I C A B L N A R E R  
 N S H V M T C C L T E A U D T V L C  
 T Y U G I M Y S E A D B I R S S K E  
 A G L C I C I R N N S L R R N D N C  
 N R E U L F M N A U O S E A R G I I  
 O E A E J E R S G H S W E A B N R C  
 S E D A L B R E L L O R O S R I P R  
 C N A O F L O G T L T B T E E T S E  
 H G N I H S I F F A E O A E E A H C  
 O R C A M P I N G T W T H B Z O C C  
 O A C I N C I P A W A S P S E B A O  
 L S F L I E S K M O S Q U I T O E S  
 T S U G U A S I L L A B E S A B B O  
 G N I N E D R A G S U N S H I N E N

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>





# BEACH WORD SEARCH

DRNEAMESMLSBTBE  
 RRTAHBAELSUIIUN  
 SSACCIUERERKUEE  
 NEXULIHCLZFI SBG  
 LBSBGS LTSSBNGSH  
 BAOSA ESEA IOINCI  
 MACEAAFNPJAZIKY  
 TJSICLDIWGRCHLG  
 LNWD PAGVLQDZTAV  
 XLNTLOWNPVPRAWN  
 GAUSXIRWUHVXBDT  
 SKLGFMLTXSHEVRM  
 NOITACAVWAVESAN  
 PCDNSEBTPYXWSOJ  
 QBD CGRSZWL BDRBL

Bathing Suit  
 Bikini  
 Boardwalk  
 Lifeguard

Pelican  
 Sailboat  
 Sandals  
 Sand Castle

Scuba  
 Seagull  
 Seashell  
 Sunglasses

Surfboard  
 Tropical  
 Vacation  
 Waves

